



## RECIPE OF THE Month

# Incredibly Easy Split-Pea Soup

This soup makes a great lunch or dinner that is hearty and filling.

2 cups dried split peas, rinsed and drained

8 cups low-sodium chicken or vegetable broth

1 medium onion, chopped

3 stalks celery, roughly chopped

1 clove garlic, minced

1 ham bone or 1 cup diced ham (optional)

3 carrots, roughly chopped

¼ tsp pepper

- 1 Combine peas and broth and heat to boiling; boil uncovered 2 minutes. Remove from heat, cover and let stand 1 hour.
- 2 Stir in onion, celery and garlic. Add ham bone (if using).
- 3 Heat to boiling; reduce heat. Cover and simmer about 1 ½ hours or until peas are tender.
- 4 Remove ham bone and separate ham from bone. Trim excess fat from ham, then cut ham into ½-inch pieces.
- 5 Stir ham and carrots into soup.
- 6 Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until carrots are tender and soup is desired consistency.

**MAKES 11 CUPS**

**PER CUP:** 165 calories | 12.5g protein | 1.5g fat | 25.6g carbs | 10g fiber | 232mg sodium